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Name.....

Reg. No.....

**FIFTH SEMESTER (CBCSS—UG) DEGREE EXAMINATION  
NOVEMBER 2024**

Physical Education

PEN 5D 03—PHYSICAL ACTIVITY HEALTH AND WELLNESS

(2019 Admission onwards)

Time : Two Hours

Maximum : 60 Marks

**Section A (Short Answer Type)***All questions can be answered.**Each question carries 2 marks.**(Ceiling 20).*

1. In the FITT principle, what does “F” stand for ?
  - (A) Flexibility.
  - (B) Frequency.
  - (C) Fitness.
  - (D) Functionality.
2. What does the term “Cosmetic fitness” primarily focus on ?
  - (A) Internal Health.
  - (B) Muscle strength.
  - (C) Physical appearance.
  - (D) Cardiovascular health.
3. Which of the following is a common outcome of physical inactivity ?
  - (A) Improved cardiovascular health.
  - (B) Decreased risk of diabetes.
  - (C) Increased body fat percentage.
  - (D) Increased muscle mass.
4. Which of the following is a macronutrient ?
  - (A) Carbohydrates.
  - (B) Vitamins.
  - (C) Minerals.
  - (D) Water.

**Turn over**

5. Which of the following asanas is performed in a sitting position ?
- (A) Padmasana. (B) Bhujangasana  
(C) Uttitha Padasana. (D) Vrikshasana.
6. What is a common symptom of osteoporosis ?
- (A) High blood pressure. (B) Weak bones.  
(C) Muscle cramps. (D) Shortness of breath.
7. What is the recommended first aid for a sprained ankle ?
- (A) Apply heat immediately.  
(B) RICE (Rest, Ice, Compression, Elevation).  
(C) Soak in hot water.  
(D) Rub the ankle vigorously.
8. What is the primary focus of performance related fitness ?
- (A) Health maintenance.  
(B) Athletic performance.  
(C) Weight control.  
(D) Mental health.
9. Which condition is Characterized by an exaggerated inward curve of the lower back ?
- (A) Kyphosis. (B) Lordosis.  
(C) Scoliosis. (D) Flat foot.
10. Which Pranayama technique is known for balancing body energy ?
- (A) Nadisudhi. (B) Surya Bedhana.  
(C) Bhastrika. (D) Kapalbhathi.
11. Which nutrient is primarily responsible for muscle repair and growth ?
- (A) Carbohydrates. (B) Proteins.  
(C) Fats. (D) Vitamins.

12. What is the primary purpose of flexibility exercises ?
- (A) Strengthen muscles.
  - (B) Improve endurance.
  - (C) Increase range of motion.
  - (D) Boost cardiovascular health.

**Section B (Paragraph/ Problem Type)**

*All questions can be answered.  
Each question carries 5 marks.  
(Ceiling 30 marks).*

13. Define health and explain its importance.
14. Discuss the assessment of physical fitness components.
15. Write a short note on the relationship between exercise and heart rate zones.
16. Describe first aid techniques for fractures.
17. Outline the management of obesity through exercise and diet.
18. Explain the effects of Pranayama on mental health.
19. Discuss the impact of physical activity on lifestyle diseases.

**Section C (Essay Type)**

*Answer any **one** of the following question.  
The question carries 10 marks .*

20. Discuss the principles of exercise and their application in designing a fitness program.
21. Define Health and explain the importance of good health.

(1 × 10 = 10 marks)